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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

33rd Year

April 12, 1976

No. 15



In This Issue

- 1 - Family: Coping with Change
- 2 - Food: Preservation Series VI
- 3 - "Before"
- 4 - You Go Shopping

Most cheeses are served at room temperatures to bring out characteristic flavor and texture.

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Remember — hot food that is to be frozen must be cooled quickly to stop the cooking, retard growth of bacteria and help retain the natural flavor, color, and texture of the food. Cool food at room temperature — or by placing it in shallow containers for about 30 minutes. Freeze the food as soon as it is cool.

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Poultry may be frozen in any form...either cooked or uncooked, according to USDA home economists.

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Remember — strict cleanliness is necessary in preparing ANY food for the home freezer.

* * *

Cool thawed poultry promptly.

"LIVING WITH CHANGE "

— KICKOFF IN WASHINGTON



A "Town and Country" Fair planned for May 4-5 at the U.S. Department of Agriculture in Washington, D.C. will introduce the Bicentennial version of a country fair tagged "Living with Change". Exhibits, demonstrations and free publications designed to help consumers "live with change" will be featured at the Washington opening which will promote ideas to be shared with consumers in all the states, throughout the year.

Pressures of today's living involves a need for greater flexibility in our thinking — as well as our lifestyles, according to the Extension Service, the educational arm of USDA.

Topics on "What is Important to You"—"Food Habits", "Managing Your Money", "Knowing Yourself," and "Getting Your Money's Worth in Housing" will be highlighted at the fair.

SHOPPING — THEN...



...THE SHOPPING
SCENE HAS CHANGED

—CHEYENNE, WYOMING

BICENTENNIAL PHOTOS/U.S.DEPARTMENT OF AGRICULTURE

AND NOW





FOOD PRESERVATION SERIES VI

food then and now

"BEFORE"

— You Go SHOPPING

Time was when you could hitch Old Dobbin to the sleigh and off you'd go to the market. You'd select a few items and go home to prepare the rest. Choice was not even in the picture because there were not many items in the marketplace to choose between — if you wanted store-bought lard, bread or canned items...that's what you bought.

"Today, in the complexities of the marketplace, there are over 10,000 items from which to choose. This may be good — or bad. Selecting the best sources of nutritive values at minimum cost is not an easy job — so don't assume that shopping is a simple chore. It isn't. We must eat to live and to live in good health we must shop and eat intelligently. But, by whose intelligence?" asks Dr. Evelyn Johnson, nutritionist of USDA's Extension Service. "Bits and pieces of human nutrition information sometimes seem to oversimplify the need for nutrition education," according to Dr. Johnson. "Common sense is seldom used by shoppers in the marketplace because many of us purchase foods that are high in energy and high in calories. We buy too few of the regulatory foods, and, too many of the high calorie foods."

Nutrition and variety are the major shopping considerations. Tips to remember are:

- avoid repetition prepare a wide variety of dishes with foods everyone enjoys.
- select foods from the basic food groups to balance the flavor, color and texture of your meals.

"Before" you go shopping, PLAN what worked best for you and use that plan Dr. Johnson says.

1. Weigh the cost of time and your car expenses against the "bargains" in choosing which market to shop in.
2. Try to leave the children at home with someone else so you can concentrate on making your purchases.
3. Start with a note pad in your kitchen.
4. Don't shop carelessly — shop with a purpose.
5. Select herbs and spices to add to otherwise hum-drum meals.
6. Limit your shopping trips.
7. Plan to seek assistance from the store manager or other personnel who can answer your questions.
8. Tailor items to intended use.

BEFORE YOU GO SHOPPING (CON'T)

Keep a list of commonly purchased food items to compare regular and sales prices. Check your food buying habits — they are important!

Eliminate the shopping for "impulse" items — plan to shop with someone who has responsibility for preparing food and is a good shopper.

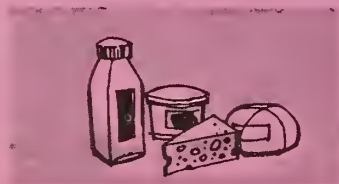
Why do we buy certain foods anyway? Is it a habit? Family experience...or because it's "easy" to fix hamburger, and more time-consuming to prepare liver? Not necessarily — but do try something different, experiment a little, suggest the nutritionists.

Consider the form of food best suited for your family's needs—canned, frozen, dried. You may find canned fruits and vegetables marked "special" are more numerous — and they are excellent alternates for more expensive fresh produce. Canned and frozen corn, for example, may be a feature due to a store inventory or a good crop.

You should plan to limit buying perishable foods to amounts usable in top quality — they lose quality in a relatively short time; so — don't over buy. If you can't store food properly— don't buy it. Bargain food, if wasted, is still money thrown away. Choose calories by the "company" they keep. Choose foods the family will eat and enjoy.

Did you ever consider choosing food to fit the cooking pots and save fuel? It makes a difference in cooking time if you try to "stuff" too much food in a small pan — and yet, if you use a huge pot to cook a small amount of food you waste fuel...and time. Plan to cook or bake several things at one time to use the oven "time" properly--or eat foods raw...carrots and many other such vegetables are preferred raw by many families.

Shopping is a personal habit — but your shopping habits can directly affect your health as well as your budget...for better or for worse. According to Dr. Johnson, the challenge of the marketplace today is often up to the shopper. You can best meet it by planning "before" you go to the store. It helps to go to the store with a background of nutritional information and shopping expertise.



FOOD and HOME NOTES is a weekly newsletter published by the U.S. Department of Agriculture's Office of Communication, Press Division, Room 545-A, Washington, D.C. 20250 — Editor: Shirley Wagener.... Telephone 202-447-5898.
